

DO NOT MIX NATURAL PRODUCTS WITH MEDICINES

ONCOLOGY PATIENTS

Cancer treatment brings about major change in the patient's clinical status. If non-prescription natural products are combined with therapy, the consequences can be very serious and can even cause death.

PROMOTER



OBSERVATÓRIO
DE INTERAÇÕES
PLANTA-
MEDICAMENTO

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ONCOLOGY PATIENTS

In an attempt to complement therapy or relieve the adverse effects resulting from it, cancer patients tend to appeal, with some frequency, to Herbal Medicines.

Herbal Medicines are drugs like any other medicine and should only be used when necessary and properly advised by a health professional, especially in oncology.

Consult your doctor or pharmacist or call the helpline

239 488 505/484

or visit the website

www.oipm.uc.pt

HERBAL MEDICINES AND FOODS THAT CHANGE THE EFFECT OF ONCOLOGY DRUGS

Turmeric, Açai Palm, Liquorice, Aloe, Goji Berries, Marian Thistle, Black Tea, Green Tea, Dandelion, Echinacea, St John's-Wort, Mangosteen, Pau d'Arco — may change the therapeutical effect of drugs, by enhancing toxicity or by decreasing efficiency.

Celery, Globe Artichoke, Aloe, Silver Birch, Boldo, Cascara Sagrada, Horsetail, Dandelion, Rhubarb, Senna, Nettle e Bearberry — plants with laxative and/or diuretic effect, which can reduce the absorption of drugs or increase their elimination from the body, decreasing the therapeutic effect.

HERBAL MEDICINES TO AVOID IN PREOPERATIVE CARE

Alfalfa, Garlic, Aloe, Garden Angelica, Goji Berries, Chamomile, Marian Thistle, Horse Chestnut, Chlorella, Ginger, Ginkgo, Saw Palmetto, Hawthorn — may increase the risk of bleeding, so they should be avoided in the preoperative context.

HERBS WITH HORMONAL ACTIVITY

Alfalfa, Liquorice, Algas, Garden Angelica, Ginseng, Flax, Soya, Red Clover — can enhance the development of hormone-dependent tumors such as breast, ovarian, uterine, prostate and thyroid cancer.

HERBS THAT PROMOTE ANGIOGENESIS

They can promote the growth of new blood vessels, feeding the development of tumors.

“DETOXIFYING” HERBS

They increase the metabolism and elimination of drugs, decreasing their therapeutic effectiveness.

Note: The fact that a plant (food or drug/herbal medicine is not found in those mentioned here) Note, does not mean that its combined use with medicines is safe.

Juices and “teas” are concentrated extracts of chemical compounds whose effect on the body can be very intense, depending on the plant from which they are made and the taken amount.